



What You Need In Your Survival Kit / Bug out Bag

There are many different types of survival kits. You can basically make one for whatever emergency scenario that you can think of. However, this is simply unnecessary. You really only need one bag with all of the major, needed items to last for about three days, for when you need to bug out. Here is a list of ideal items to have in your bag, ready to go:

Water

- ☐ You need at least a liter per day so be sure to have at least three liters of water. Since it is so heavy, you can only carry so much with you.
- ☐ Water Containers - Water bottles work well along with any other type of container you can find that won't take up too much space.
- ☐ Water Filters - The HTI Home Emergency Kit contains excellent, compact water filters that would be great in any Bug Out Bag.

Food

- ☐ Food is not quite as important to survival as water, but without it, your thinking will not be clear and you cannot make proper decisions or react as well. Make sure you have at least three days worth of food.
- ☐ Options: The Wise Food Storage 72 Hour Emergency Food Kit is a great choice for freeze dried meals that are easy to make and compact enough to fit into your bag.
- ☐ Energy/ Protein Bars - These take up almost no room and are a good source of nutrition.
- ☐ Longer Term Food - Your Bug Out Bag will only last you for so long and you will need something to fall back on. Have a plan for food and water for longer term survival.

Clothes

- ☐ You need to have the basics of what you would take for a weekend hiking or outdoor trip.
- ☐ Boots or hiking shoes - your feet are very important, protect them well.
- ☐ Long Pants - preferably cargo pants with many pockets.
- ☐ 2 Pairs of Socks - wool socks are especially good when it is cold.



- ☐ 2 Shirts - one long sleeved and one short, maybe for layering.
- ☐ A Warm, Weatherproof Jacket
- ☐ Gloves. If you anticipate being in cold climates, warm winter gloves. A pair of work gloves to protect your hands would also be great.
- ☐ Long Underwear - being cold is one of the worst things during survival.
- ☐ A Hat & Bandana - there can be many different uses for these, they come in handy.

Shelter

- ☐ You need sleep. Without it, you can't think or act as well. If you're going to be outside for a few days you will need somewhere to do this.
- ☐ A Tent or Tarp - these will protect you from the elements and give you somewhere to get some rest.
- ☐ A Way to Set it Up - the shelter is useless if it's not covering you properly. Keep some para-cord or rope with you. This will come in extremely handy if you need to string up a tarp to protect you from the rain. Even heavy weight fishing line can be used and doesn't take up much space at all.
- ☐ A Good Sleeping Bag - it gets cold at night and this will protect you from nature as well. If a full size one isn't available, many survival kits include thin aluminum sleeping bags that surprisingly retain a good bit of your body temperature.

First-Aid

- ☐ First-Aid kits can be huge but you only need some core things to help patch up some minor injuries.
- ☐ A great product is the Wise Food Deluxe Survival Kit. This includes many very useful first-aid supplies along with food, water, and other useful items. It's not meant to be a complete Bug Out Bag, but it is very good start for a couple of days.
- ☐ There are many simple little things that you can use for first-aid as well, but any general first-aid kit should do the job.

Weapons

- ☐ Who knows what's going to happen if things get really bad? Many people will very likely disregard the laws, and you should have some form of protection.



- ☐ Lethal Weapons - Guns. Anything is better than nothing. You might not be as armed as some others, but you will be better than many for sure. A gun can also greatly help with hunting dinner.
- ☐ Non-Lethal Weapons - Things like tasers or pepper spray are great to deter attackers for long enough for you to escape. They would be a great addition to your bag.

Other

- ☐ This includes supplies from cooking, fire making, lights, weather protection and anything else that will help you survive.
- ☐ One thing everyone needs in their survival kit is a survival knife. There are endless uses for a strong survival knife and it is something that you will need. Get one and keep it in your bag.

(If we missed anything, email us at efwsupport@emergencyfoodwarehouse.com and let us know what needs to be added.)